

EL MORRO

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Army Reserve at 98 still ready, still responsive

Lt. Gen. James R. Helmly
Chief, Army Reserve

WASHINGTON — On April 23, the Army Reserve turns 98 years old. But instead of being an aging relic of the 20th century, the Army Reserve is, at the ripe old age of 98, a changed, responsive and still-changing force, increasingly ready to meet the challenges of the 21st century.

Birthdays are about change, maturing and progression. The Army Reserve has endured change since its birth, always adapting itself to the challenges and realities of the time.

From World War I, through World War II, Korea, the Cold War, Operation Desert Storm and this current Global War on Terrorism, Army Reserve Soldiers have served our nation with distinction, skill and professionalism.

Since the beginning of this war on Sept. 11, 2001, the Army Reserve has undertaken deep and profound change — more so than at any time in its history. We have had to turn away from what we've thought were the tried and true methods of conducting warfare — our terrorist enemy has reminded us that change is necessary and inevitable.

This new enemy reminds us that the linear battlefield no longer exists. They enforce the adage that size does

not always guarantee victory, but rather a force that is willing to adapt will be victorious in the end.

The Army Reserve needed to grow leaner, stronger and more relevant.

These changes have not been easy. We've taken 10 Regional Readiness Commands and realigned them into four Regional Readiness Sustainment Commands, allowing more manpower to be put back into the fighting force. We have established operational and functional commands to reduce the number of non-deployable headquarters.

We have created Army Reserve Expeditionary Force packages that support the Army's Force Generation Model.

We are no longer a strategic force that will stay "in reserve" until needed to supplement active force during a time of major conflict.

The Army Reserve is an operational, inactive-duty force, integral to the world's best Army, complementing the joint force with skill-rich capabilities.

All of these organizational transformations are occurring as we continue to fight the Global War on Terror. Your ability to adapt during this unprecedented time proves again the quality of our all-volunteer Army.

It also proves your dedication to our nation's call to duty, to protect our

country from those who would destroy the freedoms and rights we hold dear. More Army Reserve Soldiers than ever before now wear a battle patch on their right sleeve, having served courageously and honorably when called to active duty.

Since 9/11, over 150,000 Army Reserve Soldiers have answered the call to duty by being mobilized, with more than 25,000 answering the call at least twice.

These are clearly hallmarks of heroes. We are no longer "Army Reservists" — we are Army Reserve Soldiers!

This call to duty is not an easy call to answer. I respect the willingness of you, the warrior-citizen, to serve. You, our Army Reserve Soldiers, serve around the world, in harsh conditions, away from your families, your communities, sacrificing self for the safety and security of this nation.

One cannot recognize the call to duty or mention heroes without taking a moment to remember the only American Soldier missing in Iraq, Army Reserve Sergeant Keith "Matt" Maupin. Sgt. Maupin was captured by insurgents on Apr. 9, 2004, after his fuel convoy came under attack near the Baghdad International Airport. He

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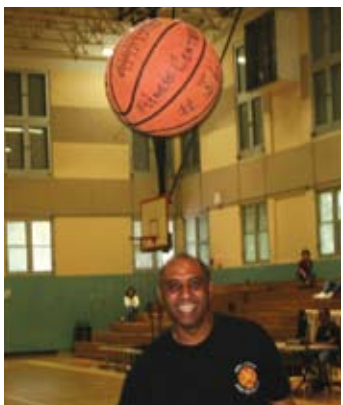


Col. Randy Pullen

Lt. Gen. James R. Helmly, Chief of the Army Reserve, administers the reenlistment oath to 40 Army Reserve Soldiers during a ceremony at the U.S. Capitol.



Officers on patrol ...
See Pg. 9



Organizational day ...
See Pg. 13

San German cadet squadron visits Buchanan

Rosa Grissel
Public Relations

There is an old saw about going to the big city and "seeing the elephant." In this case, twenty-five boys and girls belonging to the San German Cadet Squadron visited Fort Buchanan April 28 to "see the military working dogs." The field trip was part of the cadet's military education with a little fun thrown in.

The visit started with the arrival of the cadets at the headquarters building. There, they were given a chance to hear commanding officer Col. Stephen M. Ackman describe the Army and Fort Buchanan in addition to having a short question and answer period.

After the headquarters visit, the cadets were formed up and marched to the kennel where the military working dogs live and train.

Fort Buchanan has four military working dogs. For the demonstration of the dog's abilities, Tanja was brought out for the cadets to watch. Kennel Master Sgt. Quatreecus Nealon introduced Sgt. Jeffrey Gast who is Tanja's handler.

First, Gast put Tanja through her paces — running an obstacle course. This helps with getting the dog to relax and focus after being penned up. Then, as they say, it was time to get down to where "the paw

hits the road."

Sgt. Nealon played the part of the "suspect." Handler Gast demonstrated the various evolutions a military working dog may have to be put through, depending on the conduct of the "suspect."

The cadets witnessed three different scenarios where the dog may have to be used. Needless to say, it was an impressive demonstration.

Before and during the demonstration, Maj. Jose Rivera was on hand to translate into Spanish what Sgt. Nealon was describing.

Following the demonstration, the cadets walked through the kennel to see where the dogs live.

Military working dogs are some of the best maintained animals in the world. They live in meticulously maintained kennels. Their diet is specially formulated and their weight gain or loss is recorded to track any fluctuations. The veterinarian closely monitors the dogs on a frequent basis and the animal's hygiene is scrupulously maintained.

Following the kennel visit, the next stop was for a safety demonstration by Firemen Axel Miranda and Michael Ramos of the Fort Buchanan Fire Department; an orientation on crime prevention from Military Police Officers Héctor

See Cadets — **Page 18**



Marc McCormick

Squadron Commander 1st Lt. Rachel Cotto Gee has the cadets "fall-in" prior to entering the Military Working Dog.

Staying power critical for Middle East

Donna Miles
American Forces Press Service

SOUTHWEST ASIA — It's critical that the American people muster up the will to see the conflict here through to victory, the commander of U.S. Central Command told civilian business, civic and academic leaders visiting here yesterday.

Military officials asked that the visit's exact location not be released.

Army Gen. John Abizaid told participants in the Joint Civilian Orienta-



Petty Officer 2nd Class Larry Chambers
Army Gen. John Abizaid, commander of U.S. Central Command, tells participants in the Joint Civilian Orientation Conference it's critical that the United States complete its mission in Southwest Asia.

tion Conference there's no quick, easy answer to the challenges the nation faces in Southwest Asia. But leaving too soon, without accomplishing the mission, would hand victory to extremists, he said.

"This is a test of wills, and the enemy intends to stay in the fight for a long time," Abizaid told the group. That means the United States must have staying power, too, he said.

"We came into this war with a short-war mentality," Abizaid said. "But this is going to be a long war."

There's no way the United States can lose the conflict militarily, Abizaid told the group, noting that not a single platoon has been lost during four years of fighting.

Rather, he said, terrorists hope to win by making Americans believe the challenges are too difficult or simply not worth the cost.

"They're killing our soldiers, not to defeat us, but to make you think this is too hard and to break our will," he said.

"The single most important thing we have to do in the region is to stabilize Iraq," Abizaid said.

He noted successes since the fall of Saddam Hussein's regime three years ago. Today, 14 of Iraq's 18 provinces are stable, and Iraq's security forces are growing in number and capability.

"But building a military takes a long time," Abizaid told the group. "It's not just a matter of giving them weapons and training and turning them into the

streets."

And although militias and sectarian violence cause concern, "Iraq is slowly but surely stabilizing," he said.

While working to stabilize Iraq and Afghanistan, he said the United States recognizes other challenges in the region: keeping terrorists from establishing a safe haven in the Horn of Africa and preventing them from acquiring weapons of mass destruction.

It's also keeping a close eye on Iran, which Abizaid said can't be permitted to dominate the region.

Stability in Southwest Asia isn't just in America's interest.

"Everybody has an interest in stability in this region," Abizaid said, noting vast oil reserves that impact the entire world economy and new oil fields and gas lines emerging in Central Asia that flow through the region.

"Never has there been a more mutual interest in stability in the region, and that's why we have to internationalize the effort," he said.

Similarly, U.S. military power alone can't win the fight.

It will take all elements of U.S. national power, international cooperation and support that enables partners in the region to help themselves, he said.

Achieving the objectives for Southwest Asia won't be easy, and difficult times remain ahead, the general said.

"But this is a historical battle we're engaged in," Abizaid said. "And we have to have the will to see it through."



Sgt. 1st Class Rick Brown
Iraqi National Security Advisor Dr. Muwafaq al-Rubaie speaks at a command and control exercise seminar in Baghdad.

Conference addresses Iraqi security issues

Staff Sgt. Lucia Newman
Army News Service

BAGHDAD, Iraq — The Iraqi National Security Agency hosted a command and control seminar to examine the processes used by the Iraqi government and Coalition forces when responding to Iraqi security threats.

The seminar hosted about 50 government officials who discussed potential challenges the new government of Iraq will face in the upcoming months.

Rubaie said the progress the departments have made thus far can be attributed to the efforts of the Coalition forces.

Provincial Iraqi control is the process by which Iraqi civil authorities will gradually take full responsibility for the security of each province until the entire country reorganizes under the civil control of the Iraqi provincial governors.

Law Day recognizes nation's legal system

Whereas Law Day is a celebration of our nation's great heritage of liberty, justice and equality under law; and

Whereas, our nation's Founders created a doctrine of separation of powers among the three branches of government - executive, legislative and judicial; and

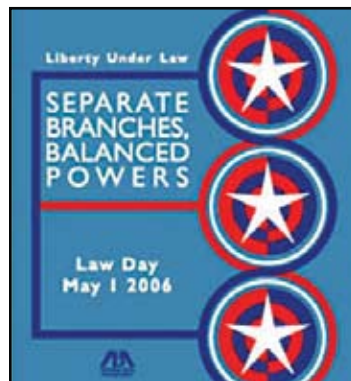
Whereas, in an effort to balance any accumulation of power, our nation's Founders included a system of checks and balances in the Constitution, and this system ensures that each branch serves as a constraint on, and is constrained by, the powers of the other branches; and

Whereas, our system of separation of powers and checks and

balances stands as a model for other nations of the world; and

NOW THEREFORE, I Col. Stephen M. Ackman, Commander, Fort Buchanan, do hereby proclaim Monday, May 1, 2006, as Law Day. I urge officers, non-commissioned officers, enlisted personnel, civilian employees, retirees, and their family members of the Fort Buchanan community to join with local communities, citizens, schools, businesses, and media all over our great nation to use this occasion to preserve and strengthen the rule of law.

IN WITNESS WHEREOF, I have hereunto set my hand this first day of May, in the year of our Lord two thousand and six, and of the Independence of the



United States of America, the two hundred and thirtieth.

Antiterrorism individual protective measures

Editor's Note: This is the first in a continuing series of anti-terrorism tips.

A dynamic threat environment demands our utmost vigilance and discipline, we must refine existing protective measures to prevent or substantially mitigate any threat.

Guard information about yourself and what you do —

- Limit discussion and accessibility of any information (written or verbal) that may provide terrorists insights for targeting.
- Always use secure means when passing sensitive information.
- Destroy identifiable information.

Recognize and report unusual or suspicious behavior —

- You are the first line of defense against terrorism.
- Be aware of your surroundings.
- Report anything unusual to your chain of command, local authorities or the FBI.
- Write down license numbers of suspicious vehicles; note description of occupants.

Be prepared for the unexpected —

- Plan for the range of threat possibilities, avoid established or predictable patterns.



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World remembers the holocaust of World War II

El Morro Staff

Almost 60 years after the Holocaust, all that we can do is remember.

Remember all the deaths and destroyed families, the fear and the brutality.

Each year's Days of Remembrance or "Yom Hashoah" call the nation to remember.

"Whereas, less than forty years ago, six million Jews as well as millions of others were murdered in Nazi concentration camps as part of a planned program of extermination; whereas the people of the United States of America should always remember the terrible atrocities committed by the Nazis so that they are never repeated....

Now therefore, be it Resolved by the Senate and House of Representatives of the United States of America in Congress Assembled, That, in memory of all victims of the Holocaust and in the hope that Americans will strive always to overcome cruelty and prejudice through vigilance and resistance, the days of Remembrance, 2006 are hereby designated as the "Days of Re-

membrance of Victims of the Holocaust"

Our national leaders recognized the need for this remembrance and designated a week to be dedicated every year. The purpose of the Days of Remembrance observance is to reflect upon, to learn about, and never forget what happened to the millions silenced during the

"The things I saw beggar description... The visual evidence and the verbal testimony of starvation, cruelty, and bestiality were so overpowering as to leave me a bit sick... I made the visit deliberately, in order to be in a position to give first hand evidence of these things if ever, in the future, there develops a tendency to charge these allegations merely to 'propaganda,'" said General Dwight D. Eisenhower.

A joint resolution designating the Days of Remembrance was proposed on July 20, 1979. Part of the intent behind the observance was to dispel the propaganda that General Eisenhower spoke of above.

The main intent was to dedicate the week not just as a commemoration but as a living me-



Courtesy Photo

God remember — God remember; we do not ask for more... Three generations we have lost, the old grandfather with his grandchild. Both were slaughtered on the same day. The fields of Poland lament, the trees of Lithuania weep, and cursed Europe is crying—where are our Jews? Why did our earth become a grave for them? —(Jewish Voice of the Far East), Shanghai, December 1945.

memorial. Days of Remembrance are held annually from a designated Sunday to the following Sunday.

Yom Hashoah, the international day of remembrance, which is the 27th day of the month of Nis-

san, is sandwiched between the Sundays.

Nissan is the seven month of the Jewish calendar based on the lunar year. The first observance sponsored by the United States

The Holocaust Memorial Council was held in 1980.

President Reagan spoke these words at the dedication of the United States Holocaust Memorial Museum in 1988 —

"...American troops who liberated concentration camps saw things no human eyes should ever see. But if we in America remain strong — if we hold fast and true to the conviction that, yes, there are things worth fighting for, there are things worth dying for, and we will heed the call if we must — humans will never suffer so, nor will others be called upon to save them from such suffering," Reagan said.

A philosopher has written that language breaks down when one tries to speak about the Holocaust.

Our words pale before the frightening spectacle of human evil unleashed upon the world, and before the awesomeness of the suffering involved, the sheer

weight of its numbers — eleven million innocent victims exterminated — six million of them Jews.

But we must strive to understand, we must teach the lessons of the Holocaust, and most of all we ourselves must remember.

The Days of Remembrance commemoration was established to combat the forgetfulness that time brings.

Our nation commemorates the days annually so that each year anyone who does not know will learn, and so that people who have learned will never forget. It is important to remember this event and apply its lessons to our lives today. The victims of the Holocaust deserve this respect and remembrance.

There may come a day when our Armed Forces will once again have to combat an enemy attempting to repeat the Holocaust.

Hopefully that day will never come. Nevertheless, it is pertinent that each member of the military be educated and sensitive to the memorials dedicated to the 11 million who lost their lives.

Post Talk

Library work...

The post library will be closed May 6 for floor cleaning.

For information on library services, call 707-3208

Flea market...

Great savings and great bargains can be found at the exchange sidewalk flea market 8 a.m. to 2 p.m., May 6 at the. The event is open to all ID card holders.

Vendor display tables are \$10.

For more information, call 707-3778.

Concert...

Antilles Middle School will hold its annual Spring Concert at 7 p.m. in the school cafeteria.

The concert will feature the AMS Intermediate and Beginning Bands along with special guest performers.

The AMS art department will present an art exhibit in conjunction with the concert.

Admission is free and refreshments will be sold.

Everyone is invited to attend.

Boxing...

The live pay-per-view Super Welterweight Championship fight between Oscar De La Hoya and Ricardo Mayorga be seen at the Community Club, 10 p.m., May 6.

Ask the Judge — A Soldier's largest personal asset

El Morro Staff

Virtually every service member has an asset worth amounting to at least \$250,000, but most give it hardly a second thought.

That asset, Serviceman's Group Life Insurance, is likely to be the most valuable asset in a deceased member's estate and should receive careful consideration; particularly as to beneficiary designation and election of coverage.

SGLI is term life insurance purchased by the government from private insurers and partially subsidized by the government. Many commercially available life insurance policies have a war clause; i.e., they will not pay if death resulted from war or armed conflict.

Obviously, such a provision significantly diminishes the value of commercial insurance to a member of the Armed Forces. This fact provided the catalyst for the establishment of SGLI. SGLI pays if the death resulted from act of war. In fact, the cause of death is irrelevant to payment of benefits.

On your first opportunity to elect SGLI, you are guaranteed insurability; you cannot be denied because of poor health. However, if you elect no coverage, or less than the maximum amount, and later want to increase the coverage, you can be denied based on SGLI determination of your insurability.

You can also lose SGLI entitlements if your death occurs during an extended period of unauthorized absence, while serving a sentence to confinement, following refusal to serve due to conscientious objector status, or after conviction of certain very serious crimes.

You name your beneficiary on the SGLI election form, which is in your service record. The personnel office will generally ask you to review the form annually, but you need not wait until the annual audit to make wanted changes.

You may name any person, firm, corporation, charitable organization or trust as your beneficiary. A minor may be named as beneficiary, but you should do so only in the form of a trust or

by designating a Uniformed Gift to Minor's Account.

You can designate that the executor of your will receive the proceeds, to be distributed according to your will.

You can name principle and contingent beneficiaries. The principal beneficiary receives insurance proceeds at your death. If you name more than one principal beneficiary, be sure to indicate the fractional share you want each to take.

A contingent beneficiary takes only if the principal beneficiaries are deceased at the time of the insured's death. All beneficiaries take per capita; that is, they take only if they are alive.

If named beneficiaries are not alive, their share does not go to their heirs. A beneficiary designation can be invalid for a number of reasons.

Some of these are —

- All the beneficiaries are deceased.
- The beneficiary is a trust, but no trust was established.
- Or simply, no beneficiary was named.

In such cases, proceeds pass according to federal law (3 USC 1970), which establishes a distribution scheme similar to that used in distributing the estate of a person dies without a will.

By now, the word has certainly gotten out among all the services that "by law" designation of beneficiary is unacceptable. If "by law" is your beneficiary, amend your election form. Your beneficiary election should be so specific that there is no question as to who is included and excluded. Take special care in naming children as beneficiaries. Naming "my child" probably excludes children born after election. Naming "my children" may include illegitimate children or children from a prior marriage that you may or may not want to include. It may exclude step-children or adopted children that you want to include. Beneficiary designation can be designed in such a way as to ensure that you include only intended beneficiaries. If you want a minor to receive insurance proceeds, consider the various methods for taking care of the money



until the child reaches the age of majority, such as the establishment of a trust or custodianship. There are advantages and disadvantages to each that you can discuss with legal counsel and with your personnel officer. If you do not decide what to do with the proceeds before the minor reaches adulthood, the law will decide for you and you may not like the results.

Applying for benefits is a fairly straightforward process with which the casualty assistance officer assigned to the case can help.

All SGLI needs to pay benefits is a completed SGLI claim form, the election form from the service record and a report of casualty from the service headquarters.

SGLI coverage ends 120 days after discharge (assuming premiums are still paid).

During the 120-day period, members may elect to be enrolled in Veteran's Group Life Insurance.

Election of coverage amounts and designation of beneficiary are important decisions to be given due consideration.

Chances are highly likely that if you died today, your SGLI proceeds are your most valuable asset.

Make sure it goes where you want it to go. If you need further assistance or have questions regarding your SGLI, contact the Legal Assistance Office, 707-3345.

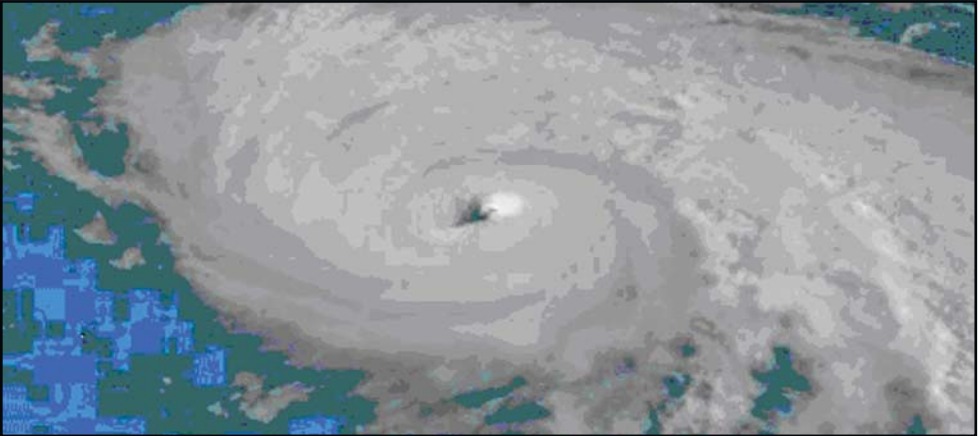
Be prepared for 2006 hurricane season in Puerto Rico

Fort Buchanan DPTMS

Hurricane hazards come in many forms: storm surge, high winds, tornadoes, and flooding. This means it is important for your family to have a plan that includes all of these hazards. Look carefully at the safety actions associated with each type of hurricane hazard and prepare your family disaster plan accordingly. But remember this is only a guide. The first and most important thing anyone should do when facing a hurricane threat is to use common sense.

You should be able to answer the following questions before a hurricane threatens:

- What are the Hurricane Hazards?
- What does it mean to you?
- What actions should you take to be prepared?



High Winds

The intensity of a landfalling hurricane is expressed in terms of categories that relate wind speeds and potential damage. According to the [Saffir-Simpson Hurricane Scale](#), a Category 1 hurricane has lighter winds compared to storms in higher categories. A Category 4 hurricane would have winds between 131 and 155 mph and, on the average, would usually be expected to cause 100 times the damage of the Category 1 storm. Depending on circumstances, less intense storms may still be strong enough to produce damage, particularly in areas that have not prepared in advance.

Tropical storm-force winds are strong enough to be dangerous to those caught in them. For this reason, emergency managers plan on having their evacuations complete and their personnel sheltered before the onset of tropical storm-force winds, not hurricane-force winds.

Hurricane-force winds can easily destroy poorly constructed buildings and mobile homes. Debris such as signs, roofing material, and small items left outside become flying missiles in hurricanes. Extensive damage to trees, towers, water and underground utility lines (from uprooted trees), and fallen poles cause considerable disruption.

High-rise buildings are also vulnerable to hurricane-force winds, particularly at the higher levels since wind speed tends to increase with height. Recent research suggests you should stay below the tenth floor, but still above any floors at risk for flooding. It is not uncommon for high-rise buildings to suffer a great deal of damage due to windows being blown out. Consequently, the areas around these buildings can be very dangerous.

The strongest winds usually occur in the right side of the eyewall of the hurricane. Wind speed usually [decreases significantly](#) within 12 hours after landfall. Nonetheless, winds can stay above hurricane strength well inland. Hurricane Hugo (1989), for example, battered Charlotte, N.C. (which is 175 miles inland) with gusts to nearly 100 mph.



Flooding

When it comes to hurricanes, wind speeds do not tell the whole story. Hurricanes produce storm surges, tornadoes, and often the most deadly of all — inland flooding.

While storm surge is always a potential threat, more people have died from inland flooding from 1970 up to 2000. Intense rainfall is not directly related to the wind speed of tropical cyclones. In fact, some of the greatest rainfall amounts occur from weaker storms that drift slowly or stall over an area.

Inland flooding can be a major threat to communities hundreds of miles from the coast as intense rain falls from these huge tropical air masses.

Tropical Storm Allison (2001) produced extremely heavy rainfall and catastrophic floods in the Houston, Texas area. Allison then acquired subtropical characteristics and continued to produce heavy rainfall and flooding near its track from Louisiana eastward to North Carolina, and then northward along the U.S. east coast to Massachusetts. Forty-one deaths were directly related to the heavy rain, flooding, tornadoes, and high surf. Damage estimates reported by the Federal Emergency Management Agency were near \$5 billion, with approximately \$4.8 billion in the Houston metropolitan area alone.

Hurricane Floyd (1999) brought intense rains and record flooding to the Eastern United States. Of the 56 people who perished, 50 drowned due to inland flooding.

Tropical Storm Alberto (1994) drifted over the Southeast United States and produced torrential rainfall. More than 21 inches of rain fell at Americus, Ga. Thirty-three people drowned. Damages exceeded \$750 million.

Tropical Storm Claudette (1979) brought 45 inches of rain to an area near Alvin, Texas, contributing to more than \$600 million in damages.

Hurricane Agnes (1972) produced floods in the northeast United States which contributed to 122 deaths and \$6.4 billion in damages. Long after the winds from Hurricane Diane (1955) subsided, the storm brought inland flooding to Pennsylvania, New York, and New England contributing to nearly 200 deaths and \$4.2 billion in damages.

In a study from 1970 to 1999, freshwater flooding accounted for more than half (59%) of U.S. tropical cyclone deaths. These floods are why 63% of U.S. tropical cyclone deaths during that period occurred in inland counties.

At least 23% of U.S. tropical cyclone deaths occur to people who drown in, or attempting to abandon, their cars.

78% of children killed by tropical cyclones drowned in freshwater floods.

So, the next time you hear hurricane -- think inland flooding!

Flooding Tips

- When you hear hurricane, think inland flooding.
- Determine whether you live in a potential flood zone.
- If advised to evacuate, do so immediately.
- Keep abreast of road conditions through the news media.
- Move to a safe area before access is cut off by flood water.
- Do not attempt to cross flowing water. As little as six inches of water may cause you to lose control of your vehicle.
- Develop a flood emergency action plan.
- Have flood insurance. Flood damage is not usually covered by homeowners insurance. Do not make assumptions. Check your policy.
- Discuss the type of hazards that could affect your family. Know your home's vulnerability to storm surge, flooding and wind. Locate a safe room or the safest areas in your home for each hurricane hazard. In certain circumstances the safest areas may not be your home but within your community. Determine escape routes from your home and places to meet. These should be measured in tens of miles rather than hundreds of miles.

Storm Surge

Storm surge is simply water that is pushed toward the shore by the force of the winds swirling around the storm. This advancing surge combines with the normal tides to create the hurricane storm tide, which can increase the mean water level 15 feet or more. In addition, wind driven waves are superimposed on the storm tide. This rise in water level can cause severe flooding in coastal areas, particularly when the storm tide coincides with the normal high tides. Because much of the United States' densely populated Atlantic and Gulf Coast coastlines lie less than 10 feet above mean sea level, the danger from storm tides is tremendous.

Storm surge also affects rivers and inland lakes, potentially increasing the area that must be evacuated.

In general, the more intense the storm, and the closer a community is to the right-front quadrant, the larger the area that must be evacuated. The prob-

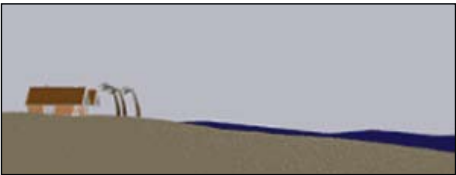
lem is always the uncertainty about how intense the storm will be when it

finally makes landfall. This is why a rule of thumb is to plan for a storm one category higher than what is forecast.

This is a reasonable precaution to help minimize the loss of life from hurricanes. Wave and current action associated with the tide also causes extensive damage. Water weighs approximately 1,700 pounds per cubic yard; extended pounding by frequent waves can demolish any structure not specifically designed to withstand such forces.

The currents created by the tide combine with the action of the waves to severely erode beaches and coastal highways. Many buildings withstand hurricane force winds until their foundations, undermined by erosion, are weakened and fail. In estuaries and bayous, intrusions of salt water endanger the public health and send animals, such as snakes, to flee from flooded areas and take refuge in urban areas.

Storm Surge basics



The level of storm surge in a particular area is also determined by the slope of the continental shelf. A shallow slope off the coast (left) will allow a greater surge to inundate coastal communities. A steeper continental shelf (right) will not see as much surge inundation although large breaking waves can still present major problems. Storm tides, waves and currents in confined harbors severely damage ships, marinas and pleasure boats.

Caribbean expects more storms than in previous year



Tornadoes

Hurricanes can also produce tornadoes that add to the storm's destructive power. Tornadoes are most likely to occur in the right-front quadrant of the hurricane. However, they are also often found elsewhere embedded in the rainbands, well away from the center of the hurricane. Some hurricanes seem to produce no tornadoes, while others develop multiple ones. Studies have shown that more than half of the landfalling hurricanes produce at least one tornado; Hurricane Buelah (1967) spawned 141 according to one study.

In general, tornadoes associated with hurricanes are less intense than those that occur in the Great Plains. Nonetheless, the effects of tornadoes, added to the larger area of hurricane-force winds, can produce substantial damage. We have no way at present to predict exactly which storms will spawn tornadoes or where they will touch down. The new Doppler radar systems have greatly improved the forecaster's warning capability, but the technology usually provides lead times from only a few minutes up to about 30 minutes. Consequently, preparedness is critical.

Tornado Facts —

- When associated with hurricanes, tornadoes are not usually accompanied by hail or a lot of lightning, clues that citizens in other parts of the country watch for.
- Tornado production can occur for days after landfall when the tropical cyclone remnants maintain an identifiable low pressure circulation.
- They can also develop at any time of the day or night during landfall. However, by 12 hours after landfall, tornadoes tend to occur mainly during daytime hours.

Terms to Know

By international agreement, tropical cyclone is the general term for all cyclone circulations originating over tropical waters, classified by form and intensity as follows:

Tropical disturbance: A moving area of thunder storms in the Tropics that maintains its identity for 24-hours or more. A common phenomenon in the tropics.

Tropical depression: Rotary circulation at surface highest constant wind speed 38 miles per hour (33 knots).

Tropical storm: Distinct rotary circulation, constant wind speed ranges 39-73 miles per hour (34-63 knots).

Hurricane: Pronounced rotary circulation, constant wind speed of 74 miles per hours (64 knots) or more.

Small craft cautionary statements. When a tropical cyclone threatens a coastal area, small craft operators are advised to remain in port or not to venture into the open sea.

Gale Warnings may be issued when winds of 39- 54 miles an hour (34-47 knots) are expected. Storm warnings may be issued when winds of 55- 73 miles an hour (48-63 knots) are expected. If a hurricane is expected to strike a coastal area, gale or storm warnings will not usually precede hurricane warnings.

A Hurricane Watch is issued for a coastal area when there is a threat of hurricane conditions within 24-36 hours.

A Hurricane Warning is issued when hurricane conditions are expected in a specified coastal area in 24 hours or less.

Hurricane conditions include winds of 74 miles an hour (64 knots) and/or dangerously high tides and waves.

Actions for protection of life and property should begin immediately when the warning is issued.

Flash Flood Watch means a flash flood is possible in the area; stay alert.

Flash Flood Warning means a flash flood is imminent; take immediate action.

Tornadoes spawned by hurricanes sometimes produce severe damage and casualties.

Family Plan

- ✓ Have relative or friend as a family contact, so all your family members have a single point of contact.
- ✓ Make a plan now for what to do with your pets if you need to evacuate.
- ✓ Post emergency telephone numbers by your phones and make sure your children know how and when to call 911.
- ✓ Check your insurance coverage - flood damage is not usually covered by homeowners insurance.
- ✓ Stock non-perishable emergency supplies and a disaster supply kit.
- ✓ Use a NOAA weather radio. Remember to replace its battery every 6 months, as you would do with your smoke detectors if available.
- ✓ Take First Aid, CPR and disaster preparedness classes.

Fort Buchanan Emergency Phone Numbers

- DES (MP STATION) 787-707-4911
- FIRE DEPT. 787-707-5911
- INSTALLATION OPS CENTER 787-707-2001 (WHEN ACTIVATED)

Things to know and store during hurricane season

The following items are a general guide in how to prepare for emergency situations. Family size will vary quantities. Hurricane season spans June through November each year although storms may come at any time.

Water - at least 1 gallon daily per person for 3 to 7 days

Food - at least enough for 3 to 7 days
— non-perishable packaged or canned food and juices

- foods for infants or the elderly
- snack foods
- non-electric can opener
- cooking tools / fuel
- paper plates / plastic utensils

Blankets / Pillows, etc.

Clothing - seasonal / rain gear/ sturdy shoes

First Aid Kit / Medicines / Prescription Drugs

Special Items - for babies and the elderly

Toiletries / Hygiene items / Moisture wipes

Flashlight / Batteries

Radio - Battery operated and NOAA weather radio

Cash (with some small bills) - Banks and ATMs may not be open or available for extended periods.

Keys

Toys, Books and Games

Important documents - in a waterproof container or watertight resealable plastic bag
— insurance, medical records, bank account numbers, Social Security card, etc.

Tools - keep a set with you during the storm

Vehicle fuel tanks filled

Pet care items
— proper identification / immunization records / medications
— ample supply of food and water
— a carrier or cage
— muzzle and leash

Keep Food Safe

After a flood, germs might get in your food. Use bleach to kill the germs.

Use bleach to clean things that food will touch, like counter tops and plates.

- Wear rubber boots, rubber gloves, and goggles.
- Scrub with a mix of 1 teaspoon of household liquid bleach in 1 gallon of water. Use bleach that does not have an added scent (like lemon). Don't rinse. Air dry.
- Scrub the outside of food cans before opening them. Use 1 cup of household liquid bleach in 5 gallons of water. Use bleach that does not have an added scent (like lemon). Don't rinse. Air dry.
- Never mix bleach with ammonia or other cleaners.
- Open windows and doors to get fresh air when you use bleach.

Throw out things you cannot make safe.

- Throw out any food that has touched flood water.
- Throw out bulging and open food cans.
- Throw out wooden cutting boards and spoons.
- Throw out food that has touched flood water.
- Throw out baby bottle nipples and pacifiers.

Recommendations from the Centers for Disease Control and Prevention

Memorial Day remembers our fallen heroes

El Morro Staff

Memorial Day is the time for Americans to reconnect with their history and core values by honoring those who gave their lives for the ideals we cherish.

More than a million American service members died in the wars and conflicts this nation fought since the first colonial soldiers took up arms in 1775 to fight for independence. Each person who died during those conflicts was a loved one cherished by family and friends. Each was a loss to the community and the nation.

The observance of this day was born of compassion and empathy in 1863. As the Civil War raged, grieving mothers, wives, daughters, sisters, and other loved ones were cleaning confederate soldiers' graves in Columbus, Mississippi, placing flowers on them. They noticed nearby the union soldiers' graves, dusty, overgrown with weeds. Grieving for their own fallen soldiers, the confederate women understood that the dead union soldiers buried nearby were the cherished loved ones of families and communities far away. They cleared the tangled brush and mud from those graves as well as their own soldiers' graves and laid flowers on them too.

Soon the tradition of a "Decoration Day" for the graves of fallen soldiers spread. On May 5, 1866, when the Civil War was over, Henry Welles of Waterloo, New York, closed his drugstore and suggested that all other shops in town also close up for a day to honor all soldiers killed in the Civil War, union and confederate alike. It was a gesture of healing and reconciliation in a land ripped apart by conflict.

Sixteen years later, in 1882, the nation observed its first official Memorial Day, a day set aside to remember and honor the sacrifice of those who died in all our nation's wars.

For decades, Memorial Day was a day in our nation when stores closed and communities gathered together for a day of parades and other celebrations with a patriotic theme. Memorial Day meant ceremonies at cemeteries around the country, speeches honoring those who gave their lives, the laying of wreaths, the playing of Taps.

In some places, these ceremonies continue, as we see here. You present at this event remember the true meaning of Memorial Day. You come here to honor our

fallen comrades by your presence. You understand that on Memorial Day we honor the ideals and values those soldiers stood for and died defending.

Sadly, many Americans have lost this connection with their history. All too many Americans today view military service as an abstraction, as images seen on television and in movies. For a growing percentage of the American people, Memorial Day has come to mean simply a three-day weekend or a major shopping day. Families might still gather for picnics, but for many of them, the patriotic core - the spirit of remembrance - is absent.

Memorial Day, like the military itself, is largely cut off from its historic meaning for many Americans. They have forgotten what the military stands for in the nation's history.

Many Americans have no experience with or connection to the military. There are many reasons for the disconnect. We have fewer and fewer veterans to share their stories. And many of our older veterans - especially those from World War II and Korea - tend to be reticent. They often don't talk about their service.

Today, we have the smallest Army we've had in 50 years. Unlike past periods in our history, the majority of members of Congress today have not served in the military. Many Americans do not have any relatives or even neighbors who serve now or have ever served in the military. In fact, many Americans today have never even met a soldier.

This is not news to many of you. You are aware of the challenges involved in reconnecting the American people to their Army. You've encountered some of the ignorance and apathy yourselves. And you may wonder what to do about it.

We can all make a difference with our individual acts. And it is important that we act. It is important that those of us who understand the importance of our history, who understand the importance of our Army, who understand the importance of the values of our Army - that we act to help re-connect the American people to the American Soldier.

The answer is values. The proud legacy of our Army - and our country - is grounded in these core values: loyalty, duty, respect, selfless-service, honor, integrity, and personal courage.

The time of remembrance...



1866 Boalsburg, Pa. — Women put flowers on the graves of their own Civil War dead (from the nearby battle of Shiloh) and on other war dead in summer and fall.

April 1865 — A descendent of President John Adams, Mrs. Sue Landon Vaughn, is said to have led some women to Vicksburg, Mississippi, cemetery to decorate the graves of soldiers.

May 1865 Winchester, Va. — Local women form the Stonewall Jackson Memorial Association decorate all the graves in the Confederate Cemetery, which is supposedly the first cemetery established for soldier dead in the South.

April 1866 — Women of Columbus, Ms., go to "Friendship" Cemetery, on outskirts of the city, the burial ground for the Shiloh battle dead.

May 5, 1866 Waterloo, N.Y. — Formal Memorial Day observations held.

1867 — These activities inspire a young lawyer Francis Miles Finch to write the poem "The Blue and the Gray," published in Atlantic Monthly September 1867.

1873 — Memorial Day is recognized as an official holiday when New York State designates it as a legal holiday. Other states soon follow.

1882 — The Grand Army of the Republic urges that the name of the holiday be "Memorial Day." Many, however, persist in calling it "Decoration Day," because of the way it began, with the decoration of the graves of fallen soldiers.

1887 — Joint Resolution 6, Feb. 23, 1887 the U.S. Congress allows the day of each year which is celebrated as "Memorial" or "Decoration" Day to be a holiday for all per diem employees of the government.

1888 — Act of Congress, Aug. 1, 1888 made May 30 a legal holiday for all persons in the District of Columbia.

1901 — Act of Congress, Mar. 3, 1901 provided that if this day falls on a Sunday the next succeeding day shall be a holiday.

1966 — House Concurrent Resolution 587, also requests the President to issue a proclamation calling attention to the centennial anniversary of the first observance of Memorial Day.

January 1971 — With the passage of the "Monday Holiday Law," the celebration of Memorial Day Holiday is changed from May 30 to the last Monday in May.

December 2000 — "National Moment of Remembrance" resolution asks that at 3 p.m. local time, for all Americans "To voluntarily and informally observe in their own way a moment of remembrance and respect, pausing from whatever they are doing for a moment of silence or listening to 'Taps.'"

Army spouse helps families enjoy moving

Fonda R. Bock
Army News Service

WASHINGTON — It can leave a person overwhelmed with stress and anxiety, but military families must endure it over and over — moving.

One Army spouse claims she's developed techniques that relieve some of the stress and make moving enjoyable.

"It's time to take a different look at PCS-ing," said Sandee Payne, a freelance organizer and decorator who has relocated seven times in 10 years to follow her husband's military career. "From now on, think of it as your 'positive change of surroundings,'" she said.

Payne has compiled her hard-earned knowledge into "That Military House: Move it, Organize it & Decorate It."

The how-to guide contains decorating tips and techniques for dealing with the specific challenges military families face when

moving. It's these ideas that helped Payne look forward to moving rather than dreading it, she said, adding that she hopes the book will do the same for readers. Among the obstacles Payne addresses is the lack of storage space families often find in their new homes. She suggests using closets, cabinets and furniture to hold items frequently used so they're quickly accessible when needed.

"If you've gone through, organized and purged down to the things you really need, then you're not going to be overwhelmed with piles and piles of things and no where to put them," she said.



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Mom works to show troops someone cares about them

Rudi Williams
American Forces Press Service

WASHINGTON — The terrorist attacks of Sept. 11, 2001, sparked a fire in Carolyn Blashek to do something to show servicemembers in harm's way that somebody cares. She tried to join the military, but the Army Reserve wouldn't accept her. "I was too old," she said.



Courtesy Photo

California Army National Guard Sgt. Michael Caudillo holds two Operation Gratitude care packages as he poses with Carolyn Blashek, Operation Gratitude's founder. Caudillo is assigned to Battery C, 1st Battalion, 144th Field Artillery Regiment, in Van Nuys, Calif.

About a year and a half after Sept. 11, a conversation with a despondent Soldier rekindled the desire of the mother of two college students to do something to show troops that somebody cares.

That chat with a Soldier motivated her to establish "Operation Gratitude," a non-profit organization that provides care packages to deployed troops.

"At that time (the Sept. 11 time frame), there were very few organizations in which a civilian could be involved in supporting the military," Blashek said during a telephone interview from her home in Encino, Calif.

She had obtained a job in a military lounge at Los Angeles International Airport in December 2002. In March of 2003, during the build up to the war in Iraq, she was alone in the lounge one day when an enlisted soldier walked in. "He was very agitated and very upset," Blashek recalls. "He'd been in the military for about 20 years. He asked to speak to a chaplain."

Blashek said she offered to call a chaplain, but the despondent soldier told her he didn't have enough time to wait for a chaplain because his flight was leaving soon.

He spoke to her instead.

They sat down, and the Soldier told her that he'd just buried his mother, his wife had left him, and his only child had died as an infant. "He said he was going back into a war zone and, for the first time in his career, he didn't think he'd make it back," Blashek said. "But it really wouldn't matter because no one would care."

"That was my motivation when I decided to start Operation Gratitude," she

recalled. "It was just realizing that so many people were going to be deployed and face combat. I thought to myself, 'How do people survive that?' They have to believe that someone cares about them and wants them to come home."

Blashek sent her first four packages on March 19, 2003, the day Operation Iraqi Freedom kicked off. "Now I've sent 111,409 packages in three years," she said.

When her community found out what she was doing, many people wanted to jump on the bandwagon. "Within a few months, my living room was filled with donated items from people all over this area in southern California," Blashek said. "I still had to pay for the postage. But every time I'd think I was down to my last dollars, a check would amazingly appear. Operation Gratitude just started to sustain itself."

Blashek did all the packaging and mailing by herself until August 2003, when the California National Guard's 746th Quartermaster Battalion armory in Van Nuys, Ca. contacted her.

The armory had received a large donation of sunscreens and offered Blashek some for her care packages.

At the armory, Blashek met Army Staff Sgt. Elizabeth Cowie, who also was send-

ing care packages to deployed troops.

The two women decided to join forces. Cowie told Blashek that if she would move her operation to the armory, they could expand it and have volunteers to help.

She offered to handle the logistics and Blashek could handle getting donations of items and money.

"We decided that between the two of us we'd probably have about 1,000 names, but we set a goal of 1,500 names and said we'd send something to every person," Blashek said. "We figured Veterans Day weekend would be perfect because that would give us about six weeks before Christmas to get the stuff over there."

Blashek said care packages will be prepared on three weekends this year: May 20-21, which is Armed Forces weekend; May 27-29, Memorial Day weekend; and June 17-18, Fathers Day weekend.

Blashek said Operation Gratitude gives every American a chance to express their appreciation to the troops.



Courtesy Photo

Soldiers with the 3rd Infantry Division in Iraq pose together for a picture to say thank you to Operation Gratitude for care packages the organization sent to them.

Military children aren't forgotten

Sgt. Sara Wood, USA
American Forces Press Service

WASHINGTON — Children in military families make sacrifices and serve their country as much as anyone in uniform does, the chairman of the Joint Chiefs of Staff said here today.

"In so many loving ways, our children quietly shoulder part of the burden, making their mom or dad understand that what they are doing is important," Marine Gen. Peter Pace said in an interview with the Pentagon Channel and American Forces Press Service.

Military parents often have to miss holidays and special occasions, and children are left home to worry while parents go on difficult missions, Pace said. Military families also have to move every two or three years, making the children uproot, change schools and say goodbye to friends, he said.

"There's no way, in my mind, that you can be successful in the military and have a family unless that family does, in fact, appreciate your service to the country," he said.

Because military children have to transition and adapt a lot, they gain great life experience and maturity, Pace said. He recognized that, as teenagers, his own children were much more worldly than he was at that age, because he spent his entire childhood in his hometown.

"I think that, in the main, growing up in a military family strengthens the individual," he said.

In honor of April's observance of the Month of the Military Child, Pace recently wrote a letter to military children, thanking them for their patience, understanding, courage and support.

In the letter, Pace thanked the children for their unconditional love and support of their parents, even through difficult separations. Military children's resilience and self confidence throughout frequent moves are strengths that others, including their parents, admire, he went on to say.

"You can be proud of your mom and dad for their brave defense of this great country," Pace said in the letter. "Your love and support sustains them. So thank you for being there for mom and dad. You are American patriots and role models for us all."

"I want to take this opportunity to recognize the extraordinary contributions of our nation's military families, who have faced many challenges - from family separations to frequent moves - with great courage. I would especially like to acknowledge a special source of inspiration: children of military families. You are patient and understanding when duty calls and your Mom or Dad cannot attend a soccer game, music recital, birthday party, or other important family or school activity. You are heroes in a quiet, thoughtful way, and I am grateful for the unconditional love you give your Mom and Dad. Many of you have experienced the sad and sometimes frightening experience of having your Mom or Dad far from home, serving around the globe in places like Iraq and Afghanistan. Through your personal courage and support, you serve this Nation too - and I am proud of you!"

Gen. Peter Pace, chairman, Joint Chiefs of Staff

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~ Live Music • 12 - 3 pm

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DOD, OPM to appeal personnel system

Donna Miles
American Forces Press Service

WASHINGTON — The Defense Department will appeal a federal judge's decision to block portions of the new civilian personnel system, a National Security Personnel System official told American Forces Press Service today.

The Justice Department filed a notice of appeal earlier this week with the U.S. Court of Appeals for the District of Columbia Circuit on behalf of DoD and the Office of Personnel Management, Andy Ames, a Justice Department press assistant, confirmed today.

The notice signals DoD's and OPM's intention to file a formal appeal to overturn a previous court decision blocking NSPS, Ames said. The two organizations are partnering to establish the system, which eventually will affect more than 650,000 DoD civilian employees.

U.S. District Judge Emmet G. Sullivan ruled in late February that provisions of the new system would fail to protect civilian employees' ability to bargain collectively. These provisions pertain to labor relations, collective bargaining, independent third-party review, adverse actions and the National Security Labor Relations Board, DoD's proposed internal labor relations panel, the 77-page decision noted.

The American Federation of Government Employees and 12 other labor unions filed a lawsuit in November 2005 challenging the proposed system.

Joyce Frank, NSPS spokeswoman, said

DoD is working closely with the Justice Department and looks forward to presenting DoD's position before the U.S. Court of Appeals.

The appeal process will not affect the first phase of the system's implementation, scheduled for April 30, she said. About 11,000 DoD civilians will convert to the new civilian personnel system that day in "Spiral 1.1" of the phase-in process.

NSPS is one of Defense Secretary Donald H. Rumsfeld's key initiatives designed to transform DoD operations to better meet 21st-century needs. It is designed to replace an outdated, 50-year-old civilian personnel management system that had rewarded employees for length of service rather than performance. The new program, in development since 2003, replaces the current general-schedule personnel system with broad pay bands.

Rumsfeld pointed yesterday to the new civilian personnel system as example of the many sweeping changes within DoD that are causing discomfort among people resistant to change.

"We have passed a National Security Personnel System so that we could begin to get a grip on how we manage the Department of Defense and the civilian population, the work force, which is so important," Rumsfeld told Pentagon reporters.

"And it's tied up in the courts, and it'll take time. It's been three years, I think, that we've been struggling with it, so far. And that's hard for people, that change," Rumsfeld said. "The idea of paying for performance is stunning for some people."

Meals, housing, teens — ICE handles it all

Nilda Lopez
Plans, Analysis & Integration

Have you ever filled out comment cards and wondered what ever happened to them? Have you written letters or made phone calls and never received an answer or feedback? The Interactive Customer Evaluation is the solution. Your questions, concerns, recommendations and feedback reach management within seconds. You may submit comments anonymously or if you would like to receive a response, include contact information. To provide feedback, log on from any computer with internet connectivity to <http://ice.disa.mil> or go to the Fort Buchanan Web site at www.Buchanan.army.mil, then click on the ICE icon. Below are some of our customer comments.

El Caney Lodge

Comment — This is a suggestion for El Caney Lodging. Set-up a space called "Hungry?" and post up-to-date MWR meal menus and prices from the Community Club, Bowling Center, and Golf Club etc. This is a customer service recommendation for your guests and marketing for your dining facilities. Stating that there is a food court across the street is not enough. The reason I am suggesting the above is because once I took some visitors to the lodge and we asked info about the Community Club meals such as dinner, lunch and breakfast prices, and service time, the reply from the receptionist was: "Sorry, I do not know, you have to go there and check." It is not the lodging receptionist's fault for this reply, she did not know, but management should have a system where replies to this standard type of question are readily available to the customer.

Child & Youth Services Administrative Office

Comment — For the past 4 years I assisted the Easter Egg Hunt activity. My family has always enjoyed this special event, but I need to say that this year the event was awesome. It was very organized and having it at the picnic area was a plus. Congratulations to all the dedicated staff. It was noticeable they really enjoy what they do. In addition, having a hunt for the parents was excellent. For a few minutes all my worries were gone and it helped me remember that there is no age (at which you can) enjoy and have fun. My kids still talk about their parents searching for eggs. Congratulations. Keep up the good work.

Housing Management

Comment — Our Soldiers and war heroes appreciate the housing you are providing for our Soldiers that commute over 50 miles for their battle assemblies. During these next months, the PT test requires them to leave their homes and drive for 2 hours for them to get here by 5 a. m. Your housing allows them to come the night before which keeps them safe and rested so they can better pass their test. Thank you for such a great program.

Army & Air Force Exchange Service

Comment — The exchange is suppose to provide Western Union Services so personnel that leave or work on base don't have to drive out to look for a service provider, however they only have one individual during the shift. That employee did not show up to work and no one else knew how to do it. Why are the customer service employees not cross-trained to improve the quality of the services being provided? Not a single

See ICE

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America celebrates Public Service Recognition Week

El Morro Staff

Public Service Recognition Week (celebrated, since 1985, the first Monday through Sunday in May) is a time set aside to better inform Americans about the broad variety of services provided by government.

The week is also an opportunity to show appreciation to public employees, who ensure that our government — at the federal, state, county, and local levels — is the best in the world.

Public employees in the United States and around the world take part in the annual celebration.

Festivals, open houses, parades, community clean-up days, and charitable fundraising are only some of the ways that we as public employees reach out to communities.

Many citizens know very little about the many ways that government services touch their everyday lives.

Reaching out to our communities is not only a way to build bridges but to dispel negative stereotypes and bring new perspectives to our neighbors.

As you look ahead to your own celebration, we encourage you to make expanded

media coverage an integral part of your complete plan.

More than ever, we know that if the American public is to understand who we are and what we do, public employees need to tell their stories.

Public Service Recognition Week also offers a one-of-a-kind opportunity to educate young people about American government.

Not only can we educate future voters about the ways in which a democratic government functions, but also we have the chance to showcase career opportunities in public service.

In the longterm battle against negative stereotypes, it is absolutely necessary to educate the youth of the nation so that they can make informed decisions when they become leaders.

The most important reason for Public Service Recognition Week is the need to celebrate and recognize the valuable services that millions of public servants provide to the nation.

All too often, the contributions made by America's public employees to our democracy are forgotten — not only by our fellow citizens but even by those of us who serve.

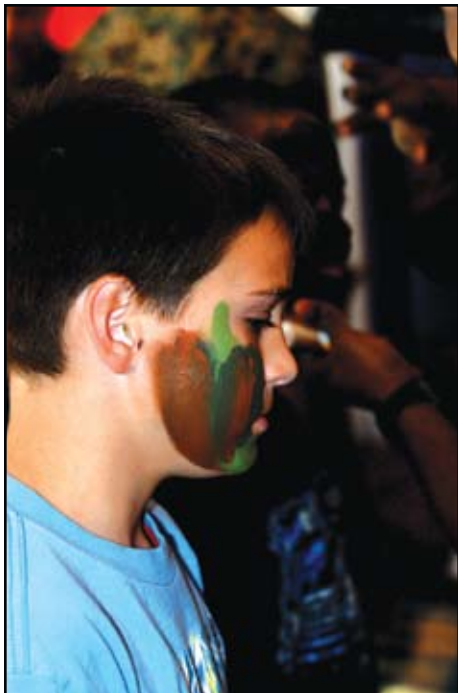
The weeklong observance offers governments around the nation a framework in which to celebrate, recognize, and identify the important contributions of public employees.

It is a perfect time to emphasize the common bond that connects federal, state, county, and local employees.

Careers, appointed officials, civil service workers and elected officials are all public employees.

Federal, state, county, and local public employees are all part of government.

The week should be a time when every citizen becomes more aware of the ways — both direct and indirect — in which all employees of all government services touch and improve the quality of their lives every day.



Samantha L. Quigley

Tanner Thomas, 10, gets a lesson in camouflage face painting during Public Service Recognition Week. Thomas was in town with a group from Potomack Intermediary School.





Photos by Vicente Velez

Fort Buchanan's newest officers received their badges during a recent ceremony held at the community club. (Left to right) The new officers are — Efrain Lau-reano, Olvin Adorno, Russell Lorenzo, Rolando Baez, Luis Ocasio, Jorge Pastor and Rolando Rios.

Newest officers receive badges, take to streets

Marc McCormick
El Morro

"I just returned from Fort Leonard Wood (Missouri) and a few other posts and I can say you are second to none," said DES Chief of Police Vicente Gonzalez. Chief Gonzalez was a speaker at the recent graduation of new officers who now serve as part of the Department of the Army police services. "It is a pleasure to serve with you officers and I am proud of your professionalism," he said.

Garrison commander Col. Stephen M. Ackman was on hand to address the new

officers and in his comments he relayed the trust he places in them as his representative. "I depend on security and enforcement from you," he said. "You represent me every day you put on your uniform."

Ackman reiterated the historical lines of authority that result in how a commanding officer deals with garrisons and what he expects from the department of Emergency Services and the officers who make up the Department of the Army police. "You are the first face most people see when they come here," he said. "And, in a short period of time, you have to make an accurate judgment about the people who enter the

post, and be polite and professional. You deal with all kinds of personalities and how you react makes a great difference."

The graduating class was the fourth one for Fort Buchanan and garrison provost Marshal Maj. Shelia Hegwood said, "You have helped us get better. This is the hardest job on post and I have the utmost respect for all police officers."

Pointing out that the Army is still completing its transformation, Hegwood said, "We serve the Army and the families and there's a kind of expectation of you. It's your program; make it work. We are here to serve, protect and defend. We have set

the expectation bar high but we know you can do it."

The seven new officers received their badges and graduation certificates from the garrison commander in a ceremony signifying their designation as fully qualified officers capable of working without close supervision. Friends and relatives attended the event.

Another important result of the graduating class was they helped increase the force protection for Buchanan significantly.

There will be additional classes in the future and soon the post will attain its total authorized policing strength.



(Left) Commanding Officer Col. Stephen M. Ackman receives a badge from Maj. Shelia Hegwood, provost marshal, prior to pinning a new officer. (Above) The new officers listen as Maj. Hegwood compliments them on their professionalism and dedication.

FORT BUCHANAN HOSTS

Marc McCormick
El Morro

Fort Buchanan gathered at the Cabana area for its first Organizational Day April 21.

The post wide event was an opportunity for the employees to get together for a day of exercise and camaraderie.

Each section on post had their own team(s) who participated in volleyball, dominoes, golf, basketball, bowling and other activities.

Morale, Welfare and recreation

provided live entertainment and the Community Club provided lunch.

From the size of the crowd, the turn-out was huge.

Each section had signed up prior to the day for which sporting event they would participate in. The competition was intense but friendly and even though place winners were decided that wasn't the main thrust of the competitions. The day was more for personnel, who normally only communicate through phone calls and e-mails, to interact with each other

in a relaxed atmosphere, and, as an additional bonus, get some well deserved exercise.

Afternoon activities were curtailed when a tropical downpour put an end to the outdoor activities.

The upside was that it was around lunch time so everyone went under the Cabana pavilion covering and enjoyed lunch and conversation.

From the comments of the participants, organizational day was a huge success and they look forward to next year.



Mayra Rosado, medical coder, takes the challenge when Willie Mendez offers her a chance to show her stuff and "ring the bell."



Col. Stephen M. Ackman, commanding officer, Fort Buchanan welcomes the participants to the first Fort Buchanan Organizational Day.



(Left to right) Omar Carmona, Kenneth L. Quinones, Juan C. Rodriguez, Luis La Luz, Vanessa Colon, Jorge Gonzalez, Edwin Padilla, Griselle Soto and Carlos Lopez were the MRPU volleyball team.



Photos by Vicente Velez

Awilda Morales, Resource Management, checks out other players during the domino tournament at the Cabana area.



Hugo Garcia, Operations & Maintenance, makes his move while Reinaldo Ibrahim, left, and Luis Cruz, right, look on.



(Left) Luis Cruz, Department of Logistics, listens to Rafael Cruz following a point play at volleyball.

ORGANIZATION DAY 2006



Photos by Vicente Velez
Rosa Grissel, Community Relations, takes a shot at horseshoes. John Faass, MWR, watches from a safe distance.



Pictured left (left to right) Nilda Lopez, Plans Analysis & Integration; Janet Delgado, Contracting; Magda Rivera, Command Group; Ramonita Ojeda, Inspector General; Lillian Calderon, Department of Logistics; Fe Vega, Contracting and Maria Otero, Contracting make up one of the women's bowling teams.



Carmen Rivera, Teen Center and Nilda Roman, Auto Craft Shop enjoy dominoes.



For the men below, left to right, are Gerardo Morales, Golf Course; Juan Cruz, Fitness Center; Wilfred Ortiz, Golf Course; Julio Capacetti, Non-appropriated Funds, Jose Navarrete, non-appropriated Funds and Angel Morales, Non-appropriated Funds.

Runners got in great exercise on a mild day during their event. (Right) the 348th Engineers ran as a formation. (Below) Other runners from various directorates hit the road also. The runners started early enough to avoid the rain.



(Left) The Community Club provided the lunch for participants with a variety of buffet style items. The success of the luncheon was made possible by (left to right) Nelida Huertas, Anais Velazquez, Angel Luis Morales, Jesse Troche, Karen Cruz and Raul Rodriguez.



Army celebrates Earth Day

We remain a nation at war, yet we must prepare for future challenges in an era of uncertainty and unpredictability. To meet these challenges, we are transforming how we fight, how we train, and how we do business. Fundamental to our success in transforming the Army is the concept of sustainability which provides a systems approach to improve both effectiveness and efficiency over the long-term.

The *Army Strategy for the Environment* provides the vision to guide the Army toward increased sustainability — focusing on our mission, the environment, and our community.

To achieve mission success, Soldiers today and for generations to come need the right resources. Paramount among them is the availability and quality of natural assets that provide effective training areas and support healthy communities in which to live and work. Every day our Soldiers use these assets to remain ready to defend the nation and it is our responsibility to protect our environment. Therefore, it is vital that we continue to implement innovative policies and practices that will protect and preserve our natural resources for future generations. The Army is proud to join with the nation in celebrating the 36th anniversary of Earth Day on April 22. Our Earth Day theme, "Sustaining the Environment for a Secure Future," reflects our view that this is a critical responsibility we all share. Every day, ask yourself how you can improve operations while meeting today's needs and anticipating tomorrow's challenges. Together, we will sustain the mission and secure the future!

Peter J. Schoomaker
Chief of Staff

Former scout discusses sustaining the future

Beth Reece
Armed Forces Press

As a young Eagle Scout, Addison D. Davis IV learned to always leave campsites better than he found them. His appreciation for the great outdoors and respect for our natural resources grew into adulthood.

As an Army officer in the late 1980s, Davis helped assess the environmental impacts of destroying nuclear and conventional groundlaunched ballistic and cruise missiles. And as garrison commander for Fort Bragg, N.C., from 2000 to 2003, Davis led the Army's first efforts to establish a framework for an installation sustainability program.

Last year, President George W. Bush appointed Davis to be the deputy assistant secretary of the Army for environment,

safety and occupational health.

Ques. — How do the Army's mission and training affect the environment?

Ans. — They're tied directly to one another, because the environment has to be sustained in a way that allows it to support training and mission accomplishment. Sustainability is all about successfully meeting the mission, protecting the environment and taking care of communities. It applies to clean air, clean water and proper disposal of hazardous waste. It's about taking care of our ranges and training areas and preserving threatened and endangered species.

Ques. — What are we doing to take care of the environment and preserve our natural resources?

Ans. — We're looking at ways to reduce energy requirements, both on the battlefield

and on our installations. We're looking at everything from hybrid electric engines in our weapon systems for stealthy operations to using energy-savings performance contracts to more efficient light fixtures and motion detectors that automatically turn lights on and off in limited-use areas.

In many cases we are using recyclable materials, which don't cause us to cut down forests full of trees or dig mines to come up with the ore necessary for structural frames.

With just one modern toilet installed in family housing or single-Soldier barracks, we can potentially save 2,000 gallons of water in one month. These are small enhancements that are being incorporated into the design and construction of military facilities and family housing.

See Sustain — Page 17



Beth Reece

Addison D. Davis IV was appointed as deputy assistant secretary of the Army for environment, safety and occupational health by President Bush.

Focus on health — Had your fruit today?

Lt.Col. Will Wheeler
Darnall Army Com. Hosp.

Are you failing at grocery shopping? Is your cart filled, but with little to no fresh fruits and vegetables?

Most Americans do not achieve the recommended amounts of at least five servings per day for optimal health. With that in mind, we need to start spending more time in the produce section and end up with more fresh produce in our shopping carts.

This week we'll take a closer look at fruit.

- Easy to transport (the perfect snack) — Since there aren't too many vending machines that sell fruit, your best bet is to buy them at the grocery store and make sure to have them available throughout the day. Whether you store it in a cargo pocket, brief case, book bag or desk drawer, fresh fruit is a ready, quick nutritious snack.

- It fills your stomach — Fresh fruits are good fiber sources as well. In addition to the health benefits of a high-fiber diet, fiber-containing foods can be quite filling. Adding fruit between or during meals will help reduce your intake of other higher-calorie foods.

- Nutrient-dense — Most fruits are good sources of vitamins A and C, potassium, and folic acid. Fruits contain little to no fat, have zero cholesterol, and average 60 calories per serving. Vitamin A and C are

antioxidants, which have been shown to help reduce the risk for some cancers, heart disease, cataracts, and arthritis. When you also consider fruit as a low-calorie, no- or low-fat food, adding fruit to your diet will probably assist you in meeting your body-fat goals.

- Contains phytochemicals — Phytochemicals may not sound appetizing, but these plant compounds found in fruit, vegetables, legumes, and whole grains may help protect us against some chronic health problems, including some forms of cancer and heart disease. More is being discovered about these compounds and their exact role in reducing health risk. In the mean time, it is a prudent recommendation to select a variety of foods that contain phytochemicals.

- Buy fresh — Canned, bottled, and frozen fruits are just as nutritious as fresh, but it is hard to beat the taste of fresh fruit. It takes time to select, store, and handle but the taste of fresh fruit is worth it. Give it a try.

- Can't beat the variety — There are hundreds of different types of fruit. As part of the national campaign to promote eating five fruits and vegetables per day, the National Center for Chronic Disease Prevention features a fruit of the month at Web site www.cdc.gov/. The Web site contains information on the history, consumption data, selection and storage and preparation for each featured fruit.

Veterans

Rx
Refill your Prescriptions Rx

Online from your home computer or any computer!

Just go to www.myhealth.va.gov and you will be guided thru the 7 easy steps to register or ask the VA librarian on the 2nd floor or your friends. It is secure! Private! FREE! (And NO driving or parking hassles)

My health Vet is a computer application designed specifically for veterans and their families. It will help veterans as well as regular military personnel work better with health-care providers to achieve the best possible health.

Our Privacy Promise

- As a registered user, your account is password protected.
- Detailed information on privacy and security is available online at the bottom of every My Health.VA screen.

What To Do On Line:

Order prescription refills online

- Check the status of your refill order anytime
- View and track your entire prescription history online
- Refills will be delivered the same way they were originally — through a VA pharmacy or CMOP

Record and track health readings in your personal Health eLogs

• Blood Pressure	• Body temperature	• Latest benefits and health news
• Blood Sugar	• Weight	• Pain
• Cholesterol	• Heart Rate	• See Tip of the Day

• Access [Learn About:](#) Health education, computer training ...

What's Coming in the Future

- View appointment dates
- View co-payment information
- Delegate access to all or some of your on line information to others
- Read key parts of your VA medical record, etc. This is your future.

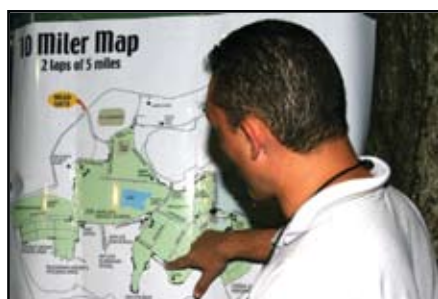
www.myhealth.va.gov



El Morro Staff

The Army Ten-Miler is part of the Army Morale, Welfare and Recreation family and its proceeds help to support other MWR activities. Army MWR is a comprehensive network of support and leisure services designed to enhance the lives of all Soldiers their families, civilian employees, military retirees and other

eligible participants. More than 37,000 MWR employees worldwide strive to deliver the highest quality programs and services at each installation — from family, child and youth programs to recreation, sports, entertainment, travel and leisure activities.



Photos by Vicente Velez

Runners participated in the Army 10-Miler local qualification. Roberto Fernandez (right) shows the runners the Buchanan course layout.



Rosetta Stone® introduces Tagalog (Filipino), Farsi II courses

Meggan Kring
Army Distributed Learning System

In response to generated demand, the U.S. Army recently announced the addition of Tagalog (Filipino) and Farsi II to its catalog of foreign language training courses available to Army personnel via Rosetta Stone®. The additions brings the number of foreign language learning courses available to all active Army, National Guard, Reservists and Department of Army civilian personnel worldwide to 30 via Army e-Learning on the Army Knowledge Online.

The Army has realized tremendous success integrating Rosetta Stone into Army e-Learning. From Rosetta Stone's date of availability in 2005 through March 2006, over 34,000 users accessed the courses more than 95,697 times and completed 33,034 units. The top five courses accessed are - Spanish (Lat Am), Arabic, German, French and Italian.

According to the U.S. Census1, Tagalog has grown to become the sixth most frequently spoken language in the United States. The need for advanced instruction in Middle Eastern languages prompted Rosetta Stone to expand its Farsi offering to Level I and II.

"I am currently studying Arabic with the Rosetta Stone program. I must say that I was very leery about even being able to learn the language at all, much less online," says 1st Lt. Bryan D. Zeski, executive officer, FOB Warhorse, Baqubah, Iraq. "But, curiosity and boredom came together

here in Iraq and I gave the Rosetta Stone program a shot. Just after the first lesson, I felt much more comfortable with the language — both auditory and written. I have told my Soldiers about the program and its ease of use and speed at which you can learn the language. At first they didn't believe me, but when some of them tried it, they also found it very effective."

Rosetta Stone - The fastest way to learn a new language

Rosetta Stone's immersion training method uses thousands of real-life color images to convey the meaning of each spoken and written phrase in the program. The program's sequenced structure, use of native speakers and instantaneous feedback teach new languages without memorization, translation or tedious grammar drills.

With Tagalog Level 1, the Army expands its programs to include 30 different languages used throughout the world. In addition to Tagalog (Filipino), Rosetta Stone is offered in Arabic, Chinese (Mandarin), Danish, Dutch, English (U.K.), English (U.S.), Farsi (Persian), French, German, Greek, Hebrew, Hindi, Indonesian, Italian, Japanese, Korean, Latin, Pashto, Polish, Portuguese (Brazil), Russian, Spanish (Latin America), Spanish (Spain), Swahili, Swedish, Thai, Turkish, Vietnamese and Welsh.

For additional information on how to access Army e-Learning, log onto Web site www.us.army.mil; My Education; Army e-Learning portal page. You must have an AKO account to access the system.

So what are you waiting for? Visit Web site www.army.mil and select "my education." For more information, contact Teresita Vera at 707-3888.

Army volunteers an integral part of support

El Morro Staff

Volunteering is a defining part of the American experience. From the Minutemen at Lexington to today's all volunteer force, the Army relies on the fundamental connection between volunteerism and citizenship. The strength of the Army lies in its Soldiers, and the strength of Army communities lies in the talents and contributions of its members. Volunteerism stabilizes our Army communities by contributing to community cohesion, increasing self-reliance, and enhancing the well-being of our Soldiers and their families. The Army relies on volunteers to contribute to the well-being of Soldiers, civilians, and families.

The twenty-first century brings new challenges for our Nation and the military. The Army is undergoing monumental transformation to increase the force's relevance and readiness to face the uncertainties of today's global challenges, enabling it to pursue ways of war that are increasingly rapid, simultaneous, and non-contiguous. So too must the Army transform its volunteer programs to remain relevant to an Army increasingly deployed and capable of meeting emerging needs. This new reality drives the need to transform volunteerism within our Army communities.

Organizations utilizing volunteers in our Army communities have found themselves challenged to fill volunteer positions. Changes in the Army community such as the increasing number of dual income families, rapid pace of today's life, and increasingly deployed force, have decreased the traditional pool of volunteers. Today people seek new ways to volunteer, often looking for short-term commitments or volunteer opportunities with their families, from their homes, and during evenings and weekends. The Army and the organizations that utilize volunteers must seek new ways to engage people to continue to harness the power of people who believe that one person can make a difference.

The Survey of Army Families IV, conducted in 2002, showed that volunteerism in the Army was lower than in the civilian community. Understanding the value

of volunteer service to both the individual volunteer, the Army, and to Army communities, the Chief of Staff, Army, directed that a summit be held for the purpose of revitalizing volunteerism in the Army. The Volunteer Summit was held in September 2002 and included MACOM commander and command sergeants major spouses, volunteers, program managers, and representatives from non-profit organizations and associations such as YWCA, Boys and Girls Clubs of America, Association of the United States Army, American Red Cross, the Drucker Foundation, and Points of Light Foundation. These participants developed an action plan that called for formalizing the Army's commitment to volunteers, improving support for volunteers, creating a corporate identity, and linking all volunteers to the Army — and they called it the Army Volunteer Corps.

The Army Volunteer Corps will be the Army's agent of transformation for volunteerism. The AVC is an umbrella that encompasses all volunteers and organizations using volunteers. The Army Volunteer Corps will communicate the vision of Army leadership to promote an environment that values volunteers — one that is characterized by mutual respect, institutional support, and opportunities for personal growth. The mission and vision for the AVC communicates the Army's commitment to volunteerism.

Fundamental to this transformation is the defining principle that all who volunteer in Army communities share a commonality of purpose — improving the well-being of Soldiers and their families. No matter where or how they choose to serve — be they family readiness group volunteers with the National Guard, Army Family Team Building volunteers in the US Army Reserves, or coaches or chapel volunteers on an installation — they are making life better for Soldiers and families, they are improving Army communities, they are Army Volunteers.

Linking organizations utilizing volunteers and increasing flexibility to meet emerging needs, the Army Volunteer Corps

See Vols Page 17

ICE

supervisor manager on duty is even trained to provide the services. It does not take a lot of time to cross-train personnel. Let's get them trained so the customers don't have to wait until another employee show up to work.

I was there at 11:00 a.m. and I was told by the manager on duty that I had to come back because no one knew how to do it.

AAFES Responds — The exchange contacted the customer and apologized for the inconvenience. It was explained that employees are crossed trained but in this particular situation, both the primary and backup employee did not come to work as scheduled.

Western Union and other cash controls are restricted to only necessary employees to minimize risk and potential loss.

Teen Center

Comment — Kudos to Mildred Perez and Carmin Rivera on their exceptional work with teens! Their dedication and commitment to excellence is commendable.

You can tell these ladies truly enjoy what they do. The Career Launch activity in March was clearly a great success and made a positive impact on the youth.

Keep up the great work! To the management, please keep supporting these ladies because they are among the few that enjoy what they do and do it well.

Teen Center Responds — Thanks for using ICE to let us know the good activities planned by our Teen Center staff.

Yes, they are committed and dedicated adults that are always looking for the well being of our youth population.

I will forward your comments to the employees. Thanks on behalf of CYS team.



Ceremony honors 276th Maintenance, 807 Signal

Staff Sgt. John Gonzalez
65th RRC Public Affairs

Army Reserve Soldiers of the 276th Maintenance Company and 807th Signal Company who served in Operation Iraqi Freedom III and their families were honored by the 65th Regional Readiness Command with a Soldier recognition program enacted last year by Congress and signed into law by President Bush.

The two events, March 18 - 19, were held at the Antilles High School Auditorium, Fort Buchanan.

Brig. Gen. Jose M. Rosado, commander, 65th Regional Readiness Command, hosted the activities, along with Col. Stephen Ackman, garrison commander, Fort Buchanan and members of the 65th RRC.

More than two hundred Soldiers were honored through the Welcome Home Warrior Citizen Program, which recognizes Soldiers' performance and sacrifice in support of the Global War on Terrorism. Soldiers and families received an encased U.S. flag, commemorative coin, two lapel pins, and a Welcome Home Warrior Citizen flag.

The program is one of the ways the 65th Regional Readiness Command honors its Soldiers who have demonstrated their bravery, skills and professionalism.

According to Rosado, "It is a gesture of gratitude from a nation who wants to recognize them for their dedication, service, and sacrifice."

The 276th Maintenance Co. ceremony, held March 18, had as guest speaker Maj. Gen. Paul E. Mock, commanding general, 63rd Regional Readiness Command. His laudatory comments for these Soldiers echoed throughout the auditorium. At one point he said, "You are the finest Soldiers I've seen, your dedication and selfless sacrifice is

a vivid example of our Army standards."

The 276th was mobilized on Oct. 1, 2004 and arrived at Camp Arian on Nov. 20. From there, they were re-located to Camp Beuhring. Their mission is to provide direct support maintenance to all assets in the Kuwaiti Theater of Operations. One of their biggest missions was the effort in reinforcing humvees with steel plates. At the peak of this mission, the company was operating 24 hours a day with 8 cutting stations and 8 welding stations. When it was all over, the unit had outfitted 13 brigades worth of equipment. According to their shop NCOIC, Staff Sgt. Robert Cruz, they were repairing more vehicles in a day than a dealership does in a month.

Sunday's ceremony to honor the Soldiers and families of the 807th had an emotional moment when the unit stood in silence to remember a fallen hero, Sgt. Miguel Ramos, who lost his life in Iraq. The new 65th RRC Assembly Hall will bear his name according to Brig. Gen. Rosado.

The unit deployed in December 2004 and returned two days before Christmas 2005 — the best holiday gift they could give their loved ones. The 807th was responsible for installing, maintaining, and repairing all communication equipment and cable wire in Baghdad and throughout the theater of operations. These Soldiers operated all types of communication systems, facilitating U.S. and allied military operations.

During the ceremony, the Employer Support of the Guard and Reserve presented the Superintendent of the Puerto Rico Police Department with a plaque in recognition of his agency's support of our Soldiers.

The plaque was received by Mr. Juan Pedroza, PRPD Central Office and a colonel in the Army Reserve.



Courtesy Photo

Face the camera, please...

Recently, Brig. Gen. Jose M. Rosado, commanding general, 65th Regional Readiness Command, visited Fort Buchanan's Visual Information Office to present Warrior Citizen Awards to members of VI. Pictured (left to right) are Lt. Col. J.G. Yinat-Malave, Marcos Orengo, Carlos Rivera, Division Chief Edwin Rios, Rosario Irizarry, Brig. Gen. Rosado, Joseph Bonet, Joaquin Pedron, Mario Morales and Master Sgt. Jose Martinez.



Staff Sgt. John Gonzales

Soldiers of the 276th Maintenance Co. stand at attention during the playing of the National Anthem during a Welcome Home ceremony. The units recently returned from service in Iraq.

CHILD & YOUTH SERVICES

AMERICA'S

KIDS RUN

17 May '06 • 4 pm
School Age Services, Bldg. 148
Fun Run by age categories.

Age categories: 4 - 5 yrs • 6 - 8 yrs
 • 9 - 10 yrs • 11 - 12 yrs • 13 - 15 yrs • 16 - 18 yrs
 Free of cost, all community youth are welcomed.
 Participants must register at CYS facilities before
 May 5th, 2006.
Promoting Healthy Living!
 For more information call
 787-707-3434/3466

T-shirts for the first 100 participants to register



Case Lot Sale

Customers from near and far plan on coming for the Fort Buchanan Annual Commissary Case Lote Sale June 1 - 3. This year the sale will be bigger and better than ever. The sale offers shoppers the chance to buy bulk quantities of their favorite products at savings up to 50%. That tops the average 30% or more that customers save every time they shop at the commissary.

Military Retiree Appreciation Day celebrated at Buchanan

May 19 - 20

The mayor of San Juan and other dignitaries will arrive at Fort Buchanan at 8:30 a.m.

The Community Club will host a reception for retirees and special guests. There will also be a special static display of vintage military vehicles.

Retirees will be able to obtain information and those making the transition to retiree status can learn about benefits and expectations.

Everyone is invited to attend.



Special guest speaker Sarita Gonzalez, DFAS

Dental program helps National Guard, Reserve members

El Morro Staff

FALLS CHURCH, Va.—Dental readiness is a key component in determining the deployable status of our service members. The TRICARE Dental Program helps National Guard and Reserve members meet DOD dental readiness requirements.

"The TRICARE Dental Program provides a way for National Guard and Reserve members to meet and maintain their dental requirements prior to being called to active duty," said Navy Cmdr. Robert Mitton, deputy director, Dental Care Division, TRICARE Management Activity.

The DoD readiness requirement helps the National Guard and Reserve member reduce their risk of dental problems before and during deployment.

National Guard and Reserve members, with at least 12 months remaining on their service commitment, and their families are eligible for the TRICARE Dental Program. If the enrolled sponsor is activated, he or she becomes eligible for dental treatment in military dental treatment facilities and is automatically disenrolled from the TRICARE Dental Program. In addition, family members benefit from reduced monthly premiums while their sponsor is on active duty. Family member enrollment does not depend on the sponsor being enrolled; family members may enroll in the TRICARE Dental Program at any time.

For more information, beneficiaries may access Web site www.TRICAREdentalprogram.com, or call toll-free 1-800-866-8499.

Military health system transforming to address new challenges

Samantha L. Quigley
American Forces Press Service

WASHINGTON — The Defense Department's Military Health System must transform to continue its commitment to protecting the health of its servicemembers and other beneficiaries, a top DOD official told Congressmen yesterday.

"The department is firmly committed to protecting the health of these and all servicemembers before, during and after their deployment and (of) our other healthcare beneficiaries, who now number 9 million," he said.

Several changes in the military health system will make achieving this goal possible, he said. One of the biggest will address the rising costs of health care.

The military health system has essentially doubled in size in the past five years from about \$19 billion in 2001 to \$38 billion this year, he said. Officials estimate expenditures could reach \$64 billion by 2015, he added.

"This rapid growth in cost clearly puts the sustainability of our health benefit at risk," Chu said. "The facts show that the expansion of Tricare, high health inflation, the reduction in beneficiary cost shares, and sharp increase of usage by our retirees under 65 is responsible for this growth."

Beneficiaries paid 27 percent of total health costs in 1995. Today they pay only 12 percent. The DOD proposes to bring this into better balance by increasing cost sharing for retirees under 65. After a two-year transition, beginning in fiscal 2009, these premium and co-pay increases would match the average percentage increase of the Federal Employees Health Benefit Program, he said. Additionally, the department is proposing changes to pharmacy co-payments for all beneficiaries except active-duty members. These changes would encourage use of mail order and military treatment facility pharmacy refills and generic products.

The department expects to save about \$735 million in fiscal 2007, if both premium and deductible changes as well as pharmacy program adjustments are implemented, he said. Between fiscal 2007 and 2011, expected savings total \$11.2 billion.

DOD also has addressed internal efficiencies. "We have implemented a number of actions in the last several years designed to slow health care cost," he said.

A partnership with the Department of Veterans Affairs and obtaining federal pricing for mail order and pharmacy services have contributed to this, Chu said.

New healthcare contracts use best-practice principles to enhance quality of care, emphasize patient safety, improve beneficiary satisfaction, and control private-sector costs, he said.

However, Congress-imposed restrictions on funding adversely affect military treatment facilities as well as private-sector care, he said. "We need the flexibility to move funds between direct-care and private-sector care," Chu said. This would allow DoD to set military treatment facilities' budgets based on workload output, not staff numbers, supply costs and other materials, he added.

Friday, 19 May

Fort Buchanan Pee Wee Field
Gathering for formation at 6:30 am, run at 7 am.

- Armed Forces Troops alongside with civilians and DDESS Youth will display their esprit de corps in this 2 mile fun run!

Fresh fruits, beverages and surprises after the run. **Be there!**

MAY 2006 LADIES

Offers apply only during date posted between 4 - 8 pm. ONLY FOR LADIES!


class & half-price specials!

at the Fort Buchanan Automotive Skills Center

Thursday, May 4	Thursday, May 11
CLASS Learn How to Check Your Vehicle Fluids	1/2 price OFF Wheel Alignment
Thursday, May 18	Thursday, May 25
1/2 price OFF Air Conditioner Check-Up	1/2 price OFF Auto-Lift Usage

For more info call: Automotive Skills Center at 787-707-3972

Asian Pacific American Heritage Month



A collage of 13 images representing various Asian Pacific cultures and landmarks. The central image is a young girl in a white floral kimono with a large flower headpiece. Surrounding it are smaller images: a woman in a purple kimono, two people in traditional Japanese festival attire, a night view of a city with a bridge, a man in a black hat playing a flute, a person in traditional Chinese clothing, a golden lion dance, a person in a red and white costume, a large crowd of people, a street scene with a pagoda, two people in traditional headgear, and a group of people in traditional headgear.

ASIAN PACIFIC
5K RUN



12 May '06 • 7am
at Fort Buchanan Sports & Fitness Center

Fees:
Military & DoD ID cardholder - Free
Others - \$10

Late registration (day of race):
Military & DoD ID cardholder - \$5
Others - \$15

For more information and to register call Sports Office at 787-707-3277

Sustain ————— **From Page 12**

Ques. — What have been our biggest success stories?

Ans. — We've seen a lot of success in the past couple of years in acquisition.

We are integrating environmental considerations into our procurement decisions; even our new Stryker vehicle is being designed to "engineer out" potential environmental concerns.

Also, when we buy buildings we're seeing success in design and construction, in terms of significant reductions in energy costs.

We've also had installations reduce their yearly water consumption by about 30 percent, which is pretty tremendous.

Deconstruction has also become a great success. We're not just bringing in a wrecking ball and demolishing structures, then hauling them off to a landfill.

We're systematically removing precious metals and other useful components to recycle into other buildings that have such existing systems as heating, cooling and ventilation systems, window fixtures and doors.

We're taking concrete from the bases and sidewalks of these structures to a central location and crushing it into small rocks for use in such other projects as erosion control and home improvement. What we're seeing is a tremendous avoidance of waste.

Ques. — Do you think the Army is any farther ahead than civilian communities on these issues?

Ans. — I would say yes. At some locations around the country, the Army is leading efforts to partner with local communities.

In fact, there are about 10 installations that have well-developed sustainability programs in place and underway. Fort Bragg, N.C., for example, was the inaugural installation that stepped out and took the lead for the entire Army on establishing a sustainability program.

In many respects these installations are spawning additional sustainability efforts in local communities.

The Sustainable Sandhills, for instance, involves not only Fort Bragg, but six surrounding counties that are partnering to develop and implement a series of goals, looking at such issues as compatible land-use around Fort Bragg, and water quality and quantity issues.

And within the last several months, such major corporations as Ford Motor Company have come to the Army to learn from our ideas and programs.

Ques. — Why should Soldiers care about the environment?

Ans. — Soldiers care because it's engrained in our Army values. When you look at the esteem in which Soldiers are held, folks expect a lot of them and the Department of Army civilians who are part of our team.

We're expected to be good stewards of the resources that are provided to us by the taxpayers, and I can think of no better way to do that than through ensuring sustainability and maximizing our efficiencies.

It's one thing for us to talk about sustainability here in the Pentagon, but it's what happens in the field with the real Army that matters — and it's also where big improvements can be seen.

What we are seeing today is a much more environmentally aware group of Soldiers. Young people coming into the Army today have grown up in communities where there's a tremendous amount of concern for the environment.

They were involved in such things as Earth Day and recycling through Scouting programs and school. They're aware of how fragile the planet really is.

They're much more conscious of how their actions affect the environment, and of the need to take steps to preserve what they have, not only now, but for future generations.

Ques. — What can Soldiers do as individuals?

Ans. — Number one, they can be aware of their surroundings. I think back to a quote from Theodore Roosevelt, one of the true founders of the conservation movement in this country.

He said something like, "Do as much as you can with what you have, where you are."

I can think of nothing that focuses better on what we want Soldiers to do, wherever they are.

We are also trying to look at ways to reach out to other nations and work with both their armed forces and their communities.

Most environmental issues are of common concern to everyone. Who out there doesn't want clean water? Who doesn't want clean air? Who doesn't want to have a nice place to live that's free of potential contaminants?

These are shared values and needs of people all around the world.

If it looks like a duck...

Motorist are reminded to exercise caution when travelling past the gas station and round-about on Fort Buchanan. There are numerous ducks crossing the road. Some of the ducks are on the endangered species list. There are substantial penalties if any of the ducks are killed. The ducks are just one of the endangered species that have been identified on Fort Buchanan. Another endangered species is the boa (snake). If encountered, please do not try and handle it. Contact the military police. Also, from time to time, you may see a rhesus monkey. Some escaped a few years ago and live in the hills around the fort. Do not attempt to feed or play with them. As a rule, the monkeys do not like humans and other animals and will attack.



Vicente Velez

Vols

will leverage existing structures and resources to develop the integrative presence of the AVC throughout Army communities. Although recognizing their autonomy, the Army Volunteer Corps provides a framework to link all volunteer organizations throughout the Army community. While still identifying with individual organizations, volunteers are united through membership in the Army Volunteer Corps. The Army Volunteer Corps will ensure that volunteer programs are relevant and volunteers are ready to meet the challenges facing Soldiers and their families.

The Army will support the Army Volunteer Corps by

- Providing a professional approach to volunteer management to include training and resources for volunteer leaders, certification for volunteer managers, and a Bill of Rights and Responsibilities for volunteers.
- Developing alliances and relationships with organizations that will create opportunities to "work beyond the walls". Linking all volunteers within the Army community to each other and to the civilian community will promote collaboration and partnerships that will enhance the effectiveness of volunteerism throughout the Army, increase volunteer opportunities and potential volunteers.
- Creating a corporate identity for all volunteers that instills pride in being an Army volunteer. The AVC emblem demonstrates the connection to the larger community — the Army community — as an Army volunteer.

The Army Volunteer Corps will be resilient, responsive, and forward-looking. It will enable the Army to respond to changes in volunteerism and changes in the needs of the Army community. Working together, volunteers and Army

Asian

and 442nd Infantry Regiment, known collectively as the 442nd Regimental Combat Team, he said. The unit fought in Italy, France, and Italy again from June 1944 to the end of the war in August 1945.

"During that time, the unit never exceeded 4,500 men in size, but its members received 18,000 individual decorations, making it the most highly decorated unit of the war," Chu noted. "The 100th Infantry Battalion is still part of our Army's force structure -- and is on duty in Iraq."

"Not many Americans are aware, though, that over 6,000 Americans of Japanese ancestry were trained as interpreters, interrogators and translators by the Army's Military Intelligence Service," Chu continued. "Many of those people served behind the lines, but 3,700 MIS linguists served with combat units on the front lines in order to screen prisoners and provide immediate information from captured documents and maps."

World War II was also a watershed event for Asian-Pacific American women, he said. "For the first time, Asian-Pacific American women entered the military, albeit in very small numbers," Chu noted. "Two of these were Hazel (Ying) Lee and Maggie Gee, Chinese-American women, who joined the Women Air Service Pilots and ferried aircraft from factories to air bases in the United States and overseas. Hazel Yee was one of 38 WASPs to die in air crashes while delivering planes."

Another was Josefina V. Geurrero, who delivered food, clothing, medicine, and contraband messages to American prisoners of war in the Philippines, Chu said. "She was also a member of the resistance movement and was responsible for preparing a number of maps of Japanese military instal-

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staff will seek flexible approaches to local needs and creative solutions for future challenges.

At its heart, the Army Volunteer Corps will be an agent of transformation - changing the communities in which Army volunteers live, changing the lives of those whom volunteer efforts affect, and changing the lives of volunteers themselves. The Army Volunteer Corps continues the proud tradition of volunteer service in the history of our Army and extends it into the future.



Courtesy Photo

The sign says it all regardless of the era. All Soldiers appreciate the efforts of their volunteers.

From Page 16

lations in the Manila area," he pointed out. "She was awarded the Philippine Medal of Freedom for her actions."

Chu said 11 Japanese-American and one Chinese-American member of the Women's Army Corps were skilled translators and members of the Military Intelligence Service who gave up their post-war military careers to serve as civilian translators and interpreters in Gen. Douglas MacArthur's occupation headquarters in Japan.

In the Korean War, two Asian Americans, Cpl. Hiroshi Miyamura, a Japanese American, and Pfc. Herbert Pili-lau, a Native Hawaiian, were each awarded the Medal of Honor for their valorous acts. Also, Young Oak Kim, a Korean American who had served with the 442nd Regimental Combat Team in World War II, commanded the 1st Battalion, 31st Infantry Regiment, 7th Infantry Division, as a major. He stayed in the Army after the war and retired as a colonel in 1972, Chu said.

"Today, Asian-Pacific Americans comprise 4.5 percent of all personnel on active duty and 3.4 percent of all of those in the Guard and Reserves," Chu noted. "These numbers are very close to the representation of Asian-Pacific islanders in the military service age-eligible population."

Chu said the month's theme does fitting honor to Asian-Pacific Americans. "As we look at the difficulty of the problems before us, including hatred and terrorism, we would do well to bear in mind the American legacy of acceptance and tolerance," Chu told the gathering. "Building a future of 'Liberty and Freedom for All,' regardless of race, color, or creed, is an appropriate way to honor the sacrifices of the Asian-Pacific American heroes whom we recognize today."

Reserve

continued to answer the call to duty.

His family also continues to answer the call to duty – serving faithfully and without reservation, working with the Yellow Ribbon Support Center they founded in his home state of Ohio to support Soldiers and their families.

We must never forget our brother who is not able to be with his family today – we will live the Warrior Ethos:

— *I will always place the mission first.*
— *I will never accept defeat.*
— *I will never quit.*

From Page 1

— *I will never leave a fallen comrade.*

To all of you, our Soldiers, your families, and the civilian workforce that supports our missions, thank you for serving our nation in the Army Reserve. Thank you for answering that call and being a part of the best Army in the world.

Happy Birthday, Army Reserve.

Lt. Gen. James R. Helmly
Chief, Army Reserve
Commanding General
USAR Command

Meetings discuss Reserve civilians

FORT McPherson, Ga. — Army Reserve civilian employees are getting some much needed information about how a Base Realignment and Closure and Army Reserve Command and Control Restructuring planned restructuring will affect them during a series of meetings being conducted by the U.S. Army Reserve Command's Full-Time Support Directorates' BRAC Civilian Oversight Team.

Under the restructuring, the Army Reserve's 10 current Regional Readiness Commands will be replaced by four new organizations known as Regional Readiness Sustainment Commands. The

transformation will begin this year and is expected to be completed in 2009.

The Civilian Oversight Team, in association with the Civilian Personnel Advisory Center of Fort McCoy, Wis., are holding a series of seminars at USAR subordinate command locations to explain how the restructuring will affect the civilian workforce.

"Our goal is to provide information to the Army Reserve civilian work force on the impacts of BRAC and Army Reserve Command and Control restructuring," Ken Williamson, Chief Executive Officer, Army Reserve Command, said.

Cadets

Marc McCormick

"Perpetrator" Sgt. Quatreecus Nealon (left) is confronted by Military Working Dog Tanja and her handler Sgt. Jeffrey Gast demonstrating Tanja's watch-and-hold technique.



Courtesy photo

The San German Cadet Squadron gathered outside the Fort Buchanan Fire Department for a safety briefing by fire station personnel. It was one of the many activities the cadets visited.

From Page 1

iliary Civil Air Patrol with national headquarters at Maxwell Air Force Base, Alabama.

The program was founded in 1949 during WWII.

The group comprises almost 25 cadets, boys and girls, ages between 11 to 21 years old. Most of the members are from low income housing areas in the western part of Puerto Rico including San German, Cabo Rojo and Mayaguez.

The organization provides activities to prevent school truancy and to keep them in a drug free environment.

Vázquez and Ricardo Cosme; on the Army's D.A.R.E. program from officer Felipe Deida and a talk by Sgt. First Class Ricardo Rodriguez from the San Juan recruiting center.

Lunch was at the Bowling Center and then the cadets were treated to an afternoon visit to the Water-Spout.

The San German Cadet Squadron was founded approximately 30 years ago. Their objective is to provide aerospace education, cadet programs and emergency services. They are affiliated with the United States Air Force Aux-



Marc McCormick

Maj. Jose Rivera (right) interprets for Kennel Master Sgt. Quatreecus Nealon about the routines the Military Working Dog will demonstrate.

MWR

Morale, Welfare and Recreation

Caribbean Scoop

a taste of events to come...

visit us on the internet at www.buchanan.army.mil/mwr

Fort Buchanan, Puerto Rico • May 2006

• ARMY COMMUNITY SERVICE •

Army Volunteer Corps &

Employment Readiness Programs

~ *How to Apply for Jobs in the Federal Government.*

Wednesday, 4 May • 9:30 - 11am at Bldg. 225.

~ *US Small Business Administration*

How to start your own business for military, veterans and spouses. 23 & 24 May.

To register at any of the workshops above call:

Ms. Davila at 787-707-3365.

Relocation Readiness Program

~ *Scrapbook Class*

Tuesday, 9 May • 9 - 11 am at ACS Bldg.

1019, Buchanan Heights. Use your favorite photos and some creativity and enjoy a relaxing time, preserving and creating an interesting and fun way to present your favorite photos. Reservation required.

~ *Farmer's Market Trip*

Thursday, 11 May • Tour via public transportation, 8:30 am - 12:30 pm. An opportunity to find fresh produce, specialty and bargain shops! Register in advance.

~ *Newcomer's Info Tour*

Thursday, 25 May • 7:30 am - 2 pm. An introduction to the installations' activities from 7:30 - 8:30 am. Bus will depart from the Community Club & Conference Center at 8:40 am towards El Morro and Old San Juan. Returns to the club at approximately 1:30 pm. Tour is free except for the cost of lunch. For more details and to register for any of the Relocation Readiness trips or classes call: Ms. Lucca at 787-707-3682.

• SPORTS & FITNESS •



~ *Armed Forces*

Racquetball Tournament

6-7 May • at Fort Buchanan

Sports and Fitness Center. Registration Deadline: 2 May. Categories: Open B and C (male and female). Awards for 1st and 2nd place in all categories. Fees: Military and DoD ID cardholders: Free, Others: \$12

~ *Asian Pacific 5K Race*

Friday, 12 May • 7 am at the Fort Buchanan Sports and Fitness Center. Fees: Military & DoD ID cardholders - Free, Others: \$10. Late registration (day of race): Military & DoD ID cardholders: \$5, Others: \$15.

For more information and to register call: Sports Office at 787-707-3277.

• CHILD & YOUTH SERVICES •



17 May '06 • 4 pm
School Age Services,
Bldg. 148. Fun Run
by age categories,
4 through 18 years old.
Free of cost, all
community youth are

welcomed. Participants must register at CYS facilities before May 5th, 2006. Sponsored by: **Gatorade.** For more information call: 787-707-3434/3466.

• LIBRARY •

The Library will be closed on Saturday, 6 May '06 for floor maintenance.

• AUTOMOTIVE SKILLS CENTER •

Only for Ladies. An opportunity for ladies to learn to perform some repairs/maintenance routines to their vehicles:

~ 4 May - **How to Check Your Car Fluids**

~ 11 May - **1/2 Price on Wheel Alignment**

~ 18 May - **1/2 Price on A/C Check-up**

~ 25 May - **Autolift Usage Class**

Offers good only for ladies on specified date between 4 - 8 pm. For more information call 787-707-3972.

• COMMUNITY CLUB •

PPV EVENT! De la Hoya vs Mayorga

6 May '06 • Bar Opens at 8 pm. Food will be available. Fee: \$15 per person.

More information at 787-707-3535.



Friday, 19 May

Fort Buchanan Pee Wee Field
Formation: 6:30 am, Run: 7 am

Armed Forces Troops alongside with civilians and DDESS Youth will display their esprit de corps in this 2 mile fun run! Fresh fruits, beverages and surprises after the run. Be there! To participate call Special Events Coordinator at 787-707-3778.

Sponsored by:
Pentagon Federal Credit Union
and **Powerade PR**

The 2 Mile Fun Run will be led by
two distinguished guests...



Máximo Oliveras

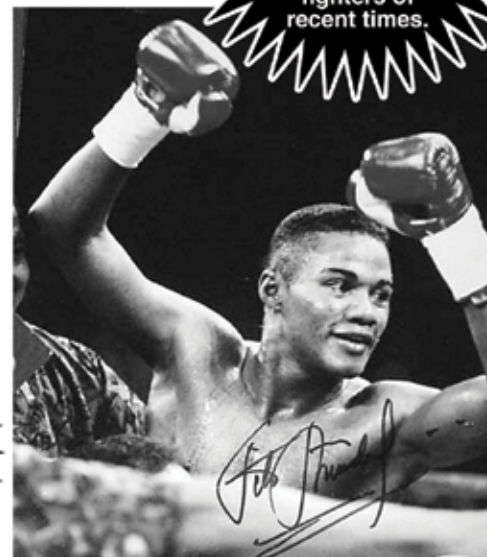
Local renown
distance
runner.

Register by 4 May
and Receive a Free
Visor and T-Shirt!

Puerto Rican
Multi Champion

Tito Trinidad

One of the best
fighters of
recent times.



The U.S. Army does not officially endorse sponsors



Caribbean Scoop

Fort Buchanan, Puerto Rico • May 2006

visit us on the internet at www.buchanan.army.mil/mwr

Inside:

- De la Hoya vs Mayorga at the Comm. Club & Conf. Ctr
- Racquetball Tournament
- Newcomer's Info Tour
- Automotive Classes & Specials
- Asian Pacific 5K Race
- Armed Forces Fun Run

For more details about these and other events see inside at the MWR Caribbean Scoop!

Mother's Day Brunch



Sunday, 14 May '06

Community Club & Conference Center

\$17.95

~ Brunch • 11 am - 2 pm

~ Live Music • 12 - 3 pm

For more information call 787-707-3535

No reservations required.